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2015 Quarteira ETU Triathlon  
European Cup

March 21<sup>st</sup> 2015

2015 Quarteira ETU Triathlon  
Junior European Cup

March 22<sup>nd</sup> 2015

Quarteira - Portugal



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# 1. General Information

## a. Key Dates

Bike course familiarization	Friday, March 20 <sup>th</sup> – 10:00
Swim course familiarization	Friday, March 20 <sup>th</sup> – 11:00
Press Conference	Friday, March 20 <sup>th</sup> – 12:30
Race Briefing Elite	Friday, March 20 <sup>th</sup> – 18:00
Elite Women Start	Saturday, March 21 <sup>st</sup> – 13:45
Elite Men Start	Saturday, March 21 <sup>th</sup> – 16:30
Prize Giving Ceremony	Saturday, March 21 <sup>th</sup> – 18:40
Race Briefing Junior	Saturday, March 21 <sup>th</sup> – 19:30
Junior Women Start	Sunday, March 22 <sup>nd</sup> – 8:45
Junior Men Start	Sunday, March 22 <sup>nd</sup> – 10:00
Prize Giving Ceremony	Sunday, March 22 <sup>nd</sup> – 11:15

### Race Office and Welcom Dinner

The Race Office and Welcome Dinner will take place in the events' official Hotel:

Hotel Dom José

Av. Infante de Sagres 143

8125-157 Quarteira

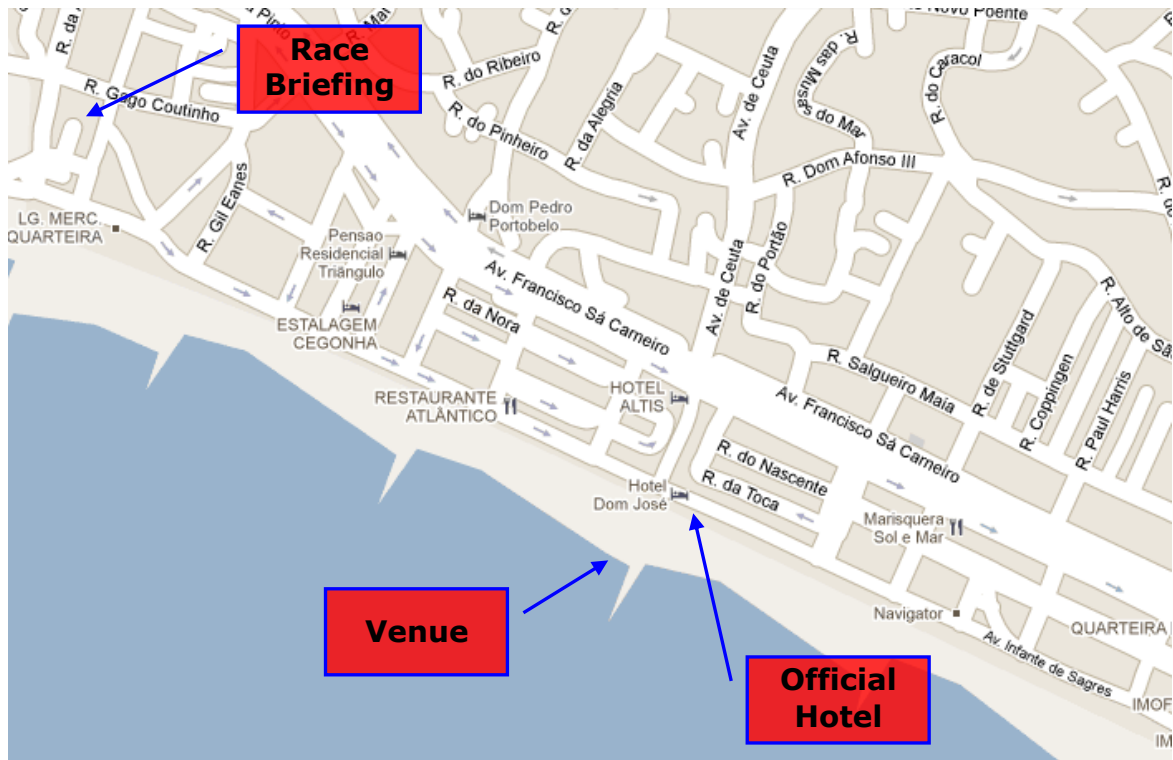
### Race Briefing

The Race Briefing will take place in "Junta de Freguesia de Quarteira", approximately 1km from the Race Venue:

Junta de Freguesia de Quarteira

Rua Vasco da Gama, nº 85 - r/c

8125-256 QUARTEIRA



### ***b. Key Contacts***

ITU Technical Delegate	Lorand Kalotai	
LOC Event Director	Mário Sebastião	+351 962 021 809
LOC Race Director	Vasco Rodrigues	+351 913 086 399
LOC Office and Travel Manager	Joana Freire	+351 963 751 070
LOC Media Manager		

### ***c. Event Organiser***

#### **LOC**

##### **Câmara Municipal de Loulé**

Praça da República

8100-270 Loulé

[www.cm-loule.pt](http://www.cm-loule.pt)

[msebastiao@CM-LOULE.PT](mailto:msebastiao@CM-LOULE.PT)

#### **LOC Partner**

##### **Junta de Freguesia de Quarteira**

Rua Vasco da Gama, nº 85 - r/c

8125-256 Quarteira

[www.jf-quarteira.pt](http://www.jf-quarteira.pt)

[quarteira@jf-quarteira.pt](mailto:quarteira@jf-quarteira.pt)

#### **National Federation**

##### **Federação de Triatlo de Portugal**

Alameda do Sabugueiro, 1B

2760-128 Caxias – Portugal

[www.federacao-triatlo.pt](http://www.federacao-triatlo.pt)

[vasco.rodrigues@federacao-triatlo.pt](mailto:vasco.rodrigues@federacao-triatlo.pt)

## 2. Venue

### **a. Venue**

The Race Venue is located in Quarteira, Loulé, with the swimming taking place at Quarteira's beach, right in front of the Official Hotel.

### **b. Athletes Lounge**

At the Race Venue the athletes' lounge provides toilets, water, fruits, energy drinks and massages for the athletes before and after competition.

### **c. Doping Control**

Doping control will take place in the Official Hotel and according to Portugal's anti doping rules. The athletes must carry their identification to the doping control facilities.

### **d. Medical Services**

First Aid and Emergency Medical Services will be available to anyone requiring medical assistance at the venue, on March 21<sup>st</sup> and March 22<sup>nd</sup>, before & during competition hours.

Medical and paramedic personnel from Loulé's Civil Protection will be available throughout competition times.

Several ambulances will be available to provide emergency transfer to hospital. A Medical Tent will also be provided on site at the finish area.

### **e. Bike Mechanic Service**

This service will be provided as follows:

Race Office in Hotel Dom Jose:

Thursday, March 19<sup>th</sup>: 14h00 – 16h00

Race Venue:

Friday, March 20<sup>th</sup>: 8h30 – 11h30

Saturday, March 21<sup>st</sup>: 10h00 – 12h00 and 13h00 – 15h00

### **f. Race Office**

The Race Office is located at the official Hotel – Hotel Dom José – and is open from Thursday, March 19<sup>th</sup>, until Saturday, March 21<sup>st</sup>.

The Race Office will be open in different periods and you can find the schedule in page 10.

### 3. Official Hotel

The Official Hotel of the "2015 Quarteira ITU Triathlon European Cup" is Hotel Dom José which is 100m from the venue.

**Address:** Hotel Dom José  
Av. Infante de Sagres 143  
8125-157 Quarteira

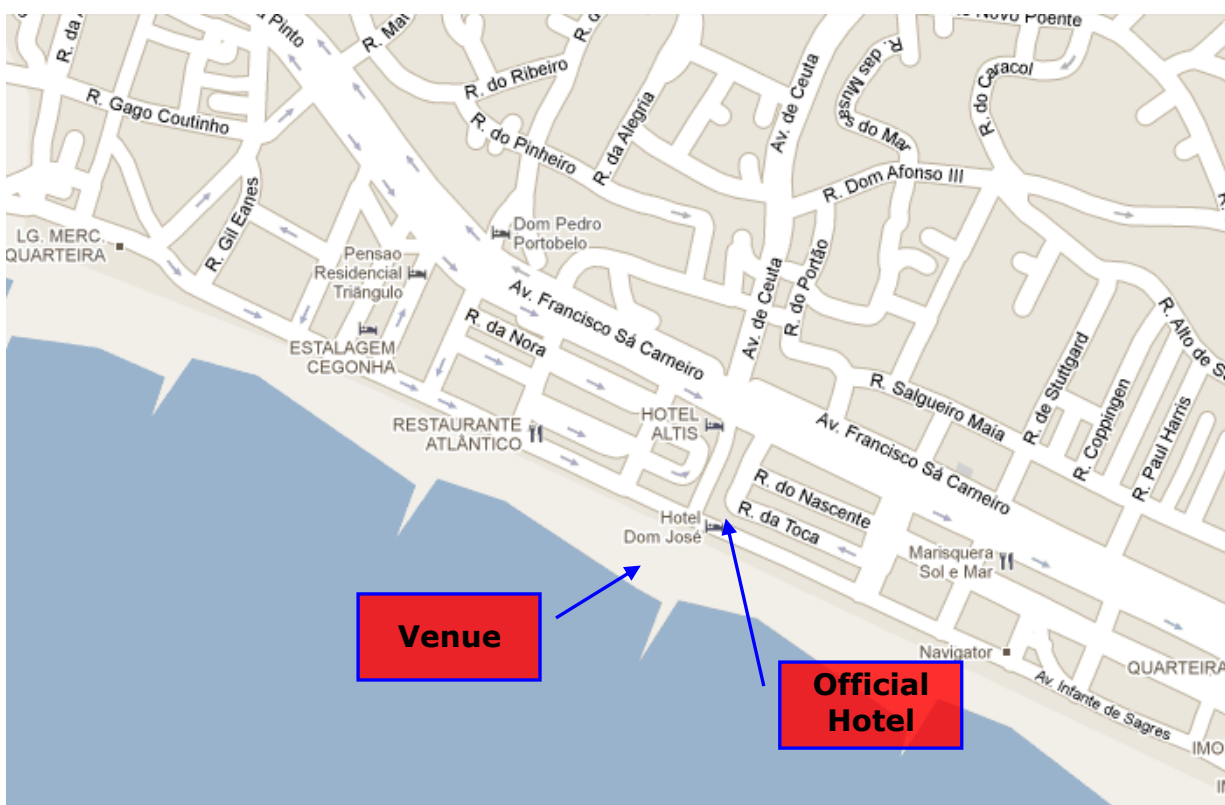
**Phone:** +351 289 310 210

**Fax:** +351 289 302 755

**Email:** susana.modesto@hoteldomjose.com

**URL:** www.hoteldomjose.com

#### a. Location



#### b. Hotel Information

For reservations or more information on the Hotel, please contact:

**Susana Modesto**  
**Email:** susana.modesto@hoteldomjose.com  
**Phone:** +351 289 310 210

**Vasco Rodrigues**  
**Email:** vasco.rodrigues@federacao-triatlo.pt  
**Phone:** +351 913 086 399

***c. Special Package***

**3 nights in single room**

Bed & Breakfast = 114,00€

Half board = 153,00€

Full board = 192,00€

**3 nights in double room**

Bed & Breakfast = 144,00€

Half board = 222,00€

Full board = 300,00€

## 4. Airport Transfers

The LOC will provide transportation from Faro's Airport for the athletes and their Team Officials.

If you have any Transfer queries please contact:

**Joana Freire**

**Email:** joana.freire@federacao-triatlo.pt

**Phone:** +351 963 751 070

**Price:**

**Transfers from Faro Airport (one direction):**

- 20€ per person (if scheduled until March 16<sup>th</sup>)
- 30€ per person (if scheduled after March 16<sup>th</sup>)

The transfer back to the airport is the same amount

**Transfers from Lisbon Airport:**

- 60€ per person (if scheduled until March 16<sup>th</sup>)
- 75€ per person (if scheduled after March 16<sup>th</sup>)

The transfer back to the airport is the same amount



## 5. Training

### a. Training Sessions in the Swimming Pool and in the track and field stadium

Pre-competition swimming and running training and sauna is possible in Quarteira’s Municipal Pool and Stadium, from March 16<sup>th</sup> to March 21<sup>st</sup>, from 8:00 to 20:00.

The use of this facility must be scheduled with:

**Joana Freire**

**Email:** joana.freire@federacao-triatlo.pt

**Phone:** +351 963 751 070

#### Location:



Walking from the hotel will take approximately 15 minutes.

Free entrance to athletes and coaches with accreditation bracelets.

### b. Bike Training

Although the streets are open to traffic, they are quite large and there is not too much traffic during the week so it is possible to cycle in the race circuit.

In this area you can find a lot of nice roads to cycle, with little traffic. The region is not too hilly, unless you head for the interior, where you will find less cars but hilly roads.

The route is not closed to traffic and you are cycling at your own risk.

### ***c. Run Training***

The foot walk near the sea is the most suitable place to train and it is where the event will take place.

### ***d. Course Familiarization***

#### **Swim**

You will be able to have a swimming course familiarization in the Race "arena" on Friday, March 20<sup>th</sup> from 11:00 to 11:30.

During the swimming course familiarization there will be lifeguards and medical service available.

You are swimming at your own risk.

**Please note:** It is forbidden to swim outside the boys at any time – for safety reasons!

#### **Bike**

There will be a bike course familiarization on Friday, March 20<sup>th</sup> from 10:00 to 11:00. You will have the chance to do two laps on the bike course. You will go round the course in a pack and will be marshaled by policemen in motorbikes. Assembly point is in the transition area.

**Please note:** After the end of the second lap the police will open the roads for traffic and the athletes that want to continue training will be on their own risk.

## 6. Competition Information

### a. Competition Schedule

#### Thursday, March 19<sup>th</sup>

9:00 - 12:00	Race Office	Official Hotel
15:00 - 19:00	Race Office	Official Hotel

#### Friday, March 20<sup>th</sup>

09:00 - 12:00	Race Office	Official Hotel
10:00 - 10:30	Bike Course Familiarization	Race Venue
11:00 - 12:00	Swim Course Familiarization	Race Venue
12:30	Press conference	Official Hotel
15:00 - 19:00	Race Office	Official Hotel
18:00	Race Briefing Elite W & M	Junta Freguesia Quarteira

#### Saturday, March 21<sup>st</sup>

09:00 - 12:00	Race Office	Official Hotel
12:15- 13:15	Athletes Lounge Open (Women)	Race Venue
12:45- 13:30	Transition Area open (Women)	Race Venue
12:45- 13:30	Warm Up (Women)	Race Venue
13:45	<b>Women Elite Start</b>	Race Venue
15:00- 16:00	Athletes Lounge Open (Men)	Race Venue
15:30- 16:15	Transition Area open (Men)	Race Venue
15:30- 16:15	Warm Up (Men)	Race Venue
16:30	<b>Men Elite Start</b>	Race Venue
18:40	Medal Ceremony	Race Venue
18:00 - 20:00	Race Office	Official Hotel
19:30	Race Briefing Junior W & M	Junta Freguesia Quarteira

#### Sunday, March 22<sup>nd</sup>

07:30 - 12:00	Race Office	Official Hotel
7:45 - 8:30	Athletes Lounge Open (Women and Men)	Race Venue
7:45 - 8:30	Transition Area open (Women and Men)	Race Venue
7:45- 8:30	Warm Up (Women)	Race Venue
8:45	<b>Women Junior Start</b>	Race Venue
9:25- 9:45	Warm Up (Men)	Race Venue
10:00	<b>Men Junior Start</b>	Race Venue
11:15	Medal Ceremony	Race Venue

### b. Competition Rules

The "2015 Quarteira ITU Triathlon European Cup" will follow the latest published Competition Rules from the International Triathlon Union.

### ***c. Prize money distribution***

#### **Elite men and women**

<b>1st.</b>	1,565 EUR
<b>2nd.</b>	1,250 EUR
<b>3rd.</b>	940 EUR
<b>4th.</b>	625 EUR
<b>5th.</b>	500 EUR
<b>6th.</b>	435 EUR
<b>7th.</b>	375 EUR
<b>8th.</b>	250 EUR
<b>9th.</b>	185 EUR
<b>10th.</b>	125 EUR

### ***d. Information about the Race***

#### **Start**

The start area is in Quarteira's Beach.

The race will start in the beach, with a short run to the water. In the starting line athletes must stand in a starting position approximately 75cm wide. The Race Referee with the assistance of ITU Technical Officials, who are assigned to the start, will start each race.

The athletes are required to leave their last minute gear at Athletes' Lounge.

#### **Swim Course**

The swim takes place in the Atlantic Ocean with a run start from the beach.

In the Elite Event the athletes must complete 2 laps of 750m each before exiting the water.

In the Junior Event the athletes must complete 1 lap of 750m each before exiting the water.

The water temperature is expected to be 19°C – 20°C.

#### **Bike Course**

The 6,67km bike lap is very quick and fast, with just one short steep climb and 3 180° narrow turns. In the Elite Race the athletes will pass in transition area in the end of every lap.

There are 6 laps for the Elite Race and 3 laps for the Junior Race.

#### **Wheel Station**

There will be one wheel station on the bike course situated at the 100m away from the Transition Area, in a central point where the athletes pass 4 times each lap.

This wheel station won't have spare wheels so the athletes must bring their own wheels.

#### **Run Course**

The 2,5km run course extends itself along the sea in a side walk, with a small incursion to a residential street at the end. The athletes run in opposite directions. In the Elite Race the athletes will pass in transition area in the end of every lap.

There are 4 laps for the Elite Race and 2 laps for the Junior Race and the pavement is a mixture of cement and pavet.

**Athlete's Event Guide**

The athletes must run on their left.

**Aid stations**

There will be two aid stations on the run course. Closed bottles of sealed water and cups with energy drink from our sponsor will be handed out.

**e. Weather Conditions**

Weather temperature is quite nice this time of the year. The temperatures can go from 15°C to 25°C. The weather is usually sunny but windy in the afternoon.

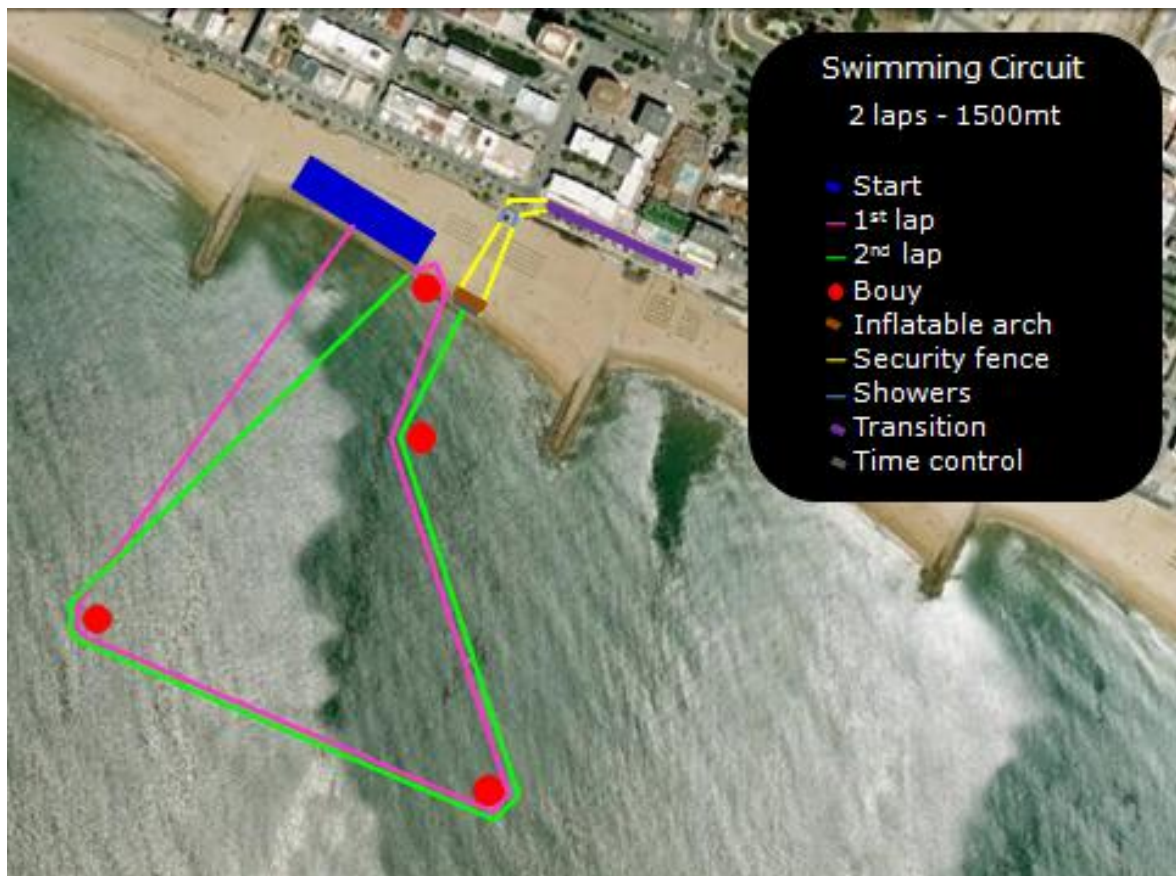
**f. Results**

Results will be uploaded live at the FTP's official website: [www.federacao-triatlo.pt](http://www.federacao-triatlo.pt)  
 All non-official results will be distributed to the Team Leaders at the LOC Information Office.

**g. Protests and Appeals**

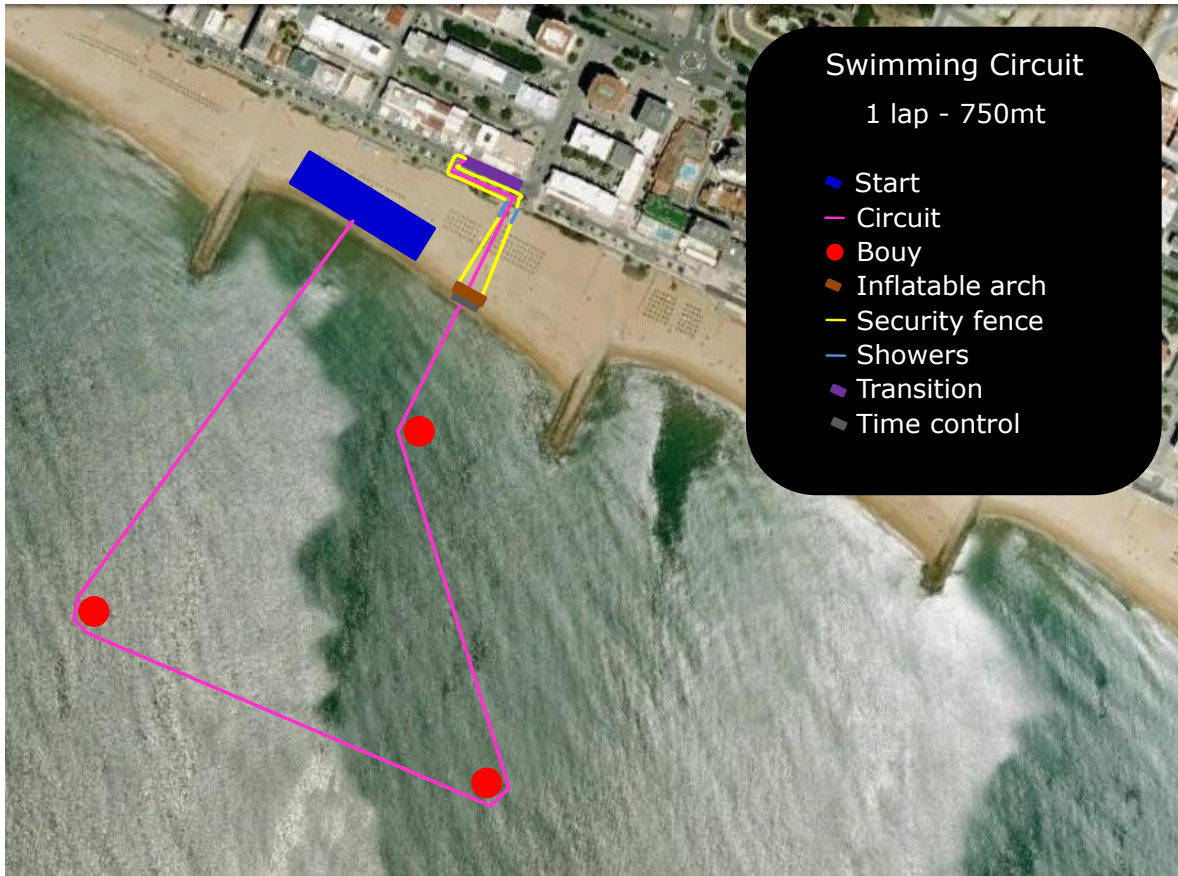
Standard procedures will be followed according to the ITU Competition Rules.

**h. Elite Course Maps**





**i. Junior Course Maps**







## 7. Accreditation

LOC will provide to all the Athletes, Coaches, Technical Officials, Journalists, etc with an official accreditation card according to the ITU Event Operational and Technical Requirements.

Accreditation cards for Athletes and Coaches will be handed out from the LOC Office.

Only accredited persons will be allowed to access certain venue areas. Accreditation cards provide access to specific areas of the competition areas. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

### ***a. Training facilities access***

In order to enter the swimming pool and the athletics' track athletes and coaches should carry and show their accreditation cards.

## 8. General Information

### a. *Sunrise/Sunset and tide table*

	<b>Sunrise</b>	<b>Sunset</b>	<b>High Tide (hour and height)</b>		<b>Low Tide (hour and height)</b>	
Monday March 16 <sup>th</sup>	06h43	18h40	11h16 2.83	23h43 3.06	04h54 1.12	17h18 1.08
Tuesday March 17 <sup>th</sup>	06h41	18h41	12h14 3.08	-	05h54 0.85	18h14 0.81
Wednesday March 18 <sup>th</sup>	06h40	18h42	00h37 3.32	13h05 3.32	06h45 0.58	19h03 0.55
Thursday March 19 <sup>th</sup>	06h38	18h43	01h27 3.55	13h52 3.51	07h31 0.34	19h48 0.34
Friday March 20 <sup>th</sup>	06h37	18h44	02h14 3.72	14h38 3.63	08h14 0.19	20h31 0.20
Saturday March 21 <sup>st</sup>	06h35	18h45	03h00 3.80	15h22 3.67	08h56 0.15	21h13 0.18
Sunday March 22 <sup>nd</sup>	06h34	18h46	03h44 3.77	16h05 3.61	09h36 0.23	21h54 0.26

### b. *Pharmacies*

#### **Farmácia Algarve**

Rua Dr. José Joaquim Soares, 14  
8125-209 Quarteira  
Tel.: 289314884

#### **Farmácia Maria Paula**

Avenida Carlos Mota Pinto, LOJA – 1  
8125-105 Quarteira  
Tel.: 289313137

### c. *Usefull contacts*

**Loule's Health Center** (open 24h) – 00 351 289 401 000

**Faro's Hospital** (open 24h) – 00 351 289 891 100

**Emergency support number** – 112